

# 2024 Monthly Tips



## JANUARY

### We Want To Hear From You!

The Population Health Subcommittee would like to know what you are looking to learn about when it comes to wellness! Participate in this [short survey](#) and provide the topics that interest you and how we can provide research-based solutions! Check back monthly to see if your suggested topics have been added to the [Wellness Tips](#).

### Information on a Low Carb Diet?

Our diets consist of three main components: fat, protein and carbohydrates. Many people *fear* the word carbohydrates or carbs because there is a misconception that all carbs are *bad* carbs, however that is not the case! Carbs are a main source of energy that our body uses for fuel. Carbs can be found in vegetables, fruits, beans, lentils, milk, yogurt, grains (breads, pasta, rice, quinoa, oats), sugary foods (candy, ice cream, pastries), snack foods, sweetened beverages, and sweeteners (jams, honey syrups).

Knowing the good vs. the bad carbs... Good carbs are found in whole, unprocessed foods which are the vegetables, fruits, beans, lentils and whole grains. Bad carbs (are not overly to be consumed) are sugar, salt and/or fat i.e. cookies, pretzels and sodas. What about bread and pasta? They are considered to be in the middle between good and bad carbs. They contain important nutrients such as fiber, iron and folates.

### Would a low carb diet benefit me?

Low carb diets can be good for heart health, increase good cholesterol levels, and decrease blood pressure and triglyceride levels. Studies have shown that some people have lost weight on a low carb or low fat. However, there is no one right diet that will work for everyone, a recommendation would be to consult with your primary care physician or a nutritionist. Low carb does not mean no carb, you should still be consuming carbohydrates within your daily diet.

### Resources:

<https://www.heartandstroke.ca/articles/a-sensible-approach-to-carbs#:~:text=Are%20low%20carb%20diets%20OK,blood%20pressure%20and%20triglyceride%20levels>.

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/low-carb-diet/art-20045831>

## 2024 Monthly Tips



### The Holidays Are Over... Time to Change Those Eating Habits

Plan out your meals that way grocery shopping and prepping are easier! Here are a few favorite recipes for breakfast, lunch, dinner and snacks (many of these are low carb to give you some ideas from the other wellness tips this month!):

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks/Late Night Cravings</b>
<a href="#">Overnight Oats</a>	<a href="#">Chicken Caesar Pasta Salad</a>	<a href="#">Parmesan Chicken</a>	<a href="#">Keto CrunchWrap Supreme</a>
<a href="#">Baked Egg Cups</a>	<a href="#">Turkey Tacos</a>	<a href="#">Feta &amp; Herb Crusted Salmon</a>	<a href="#">Buffalo Chicken Dip</a>
<a href="#">Frittata</a>	<a href="#">Chopped Cobb Salad</a>	<a href="#">Beef &amp; Noodles</a>	<a href="#">Cucumber Cups</a>
<a href="#">Banana Pancakes</a>	<a href="#">Soups</a>	<a href="#">Garlic Spinach Stuffed Chicken</a>	<a href="#">Chocolate Cheesecake</a>

Check out these resources to find many recipes to accompany your healthy eating habits:

- [Delish 120 Dishes That Make Low Carb A Breeze](#)
- [Low Carb Snacks](#)
- [Love & Lemons Meal Prep Ideas](#)

## FEBRUARY

### Heart Month

Did you know? 1 in 5 adults die from cardiovascular disease under the age of 65. February is American Heart Month. Let this month allow you to show love to one of your vital organs. The heart acts as an electrical circuit board and communicates with the lungs in order to oxygenate the blood that circulates throughout your body. Ways to improve your cardiovascular health:

- Get Moving- your heart is a muscle, and all muscles need exercise
- Avoid Overconsumption of Food- unhealthy food in moderation is okay, but try not to exceed more than your daily limit
- Enjoy Dark Chocolate- an ounce or two a few times a week can improve blood clotting and increase good cholesterol while lowering bad cholesterol
- Manage Stress- take time to relax, reach out to a friend or a loved one, create new habits to manage your stress
- Quit all tobacco/nicotine products

## 2024 Monthly Tips



Your heart allows you to love others, take this month to reciprocate the love. Check out this [28-day Towards a Healthy Heart Calendar](#)

### Random Acts of Kindness 17th

What is #RandomActsOfKindnessDay? A movement that was inspired by Anne Herbert in 1982 “Practice Random Acts of Kindness and Acts of Senseless Beauty.” Which ultimately led to the creation of the [Random Acts of Kindness Foundation](#) in 1995. It is a day where any individual can practice being kind to someone in their life and influence them on a positive level. This year the Random Acts of Kindness Day falls on February 17, 2024. The Foundation has created and inspired many ways to impact people at home, school and the workplace. Here are a few ways to create Kindness on this day:

- Pay for coffee or a meal for someone in line with you
- Leave a note for someone, no explanation is needed
- Share words of encouragement, you never know who might need them
- Mail a card
- Say Thank You and appreciate those around you

There are plenty more ways to enact kindness, what will you choose on February 17th?

### Eating For a Healthy Heart

Take a look at your diet this year, poor food choices can have a negative effect on your weight, overall health and heart. If you were to make small sustainable changes this can have an everlasting impact. You can't always believe what you hear/read about certain foods in diets, there is a stipulation about improving your overall health. What you hear/read is that normally you need the best supplements, you can't go out to eat at your favorite restaurant, avoid various food items and more. Take a look at the DO's and DON'TS for focusing on improving your eating habits for a healthy heart.

DO focus on fruits and vegetables, but DON'T overdo it on juice and processed “fruit” snacks.

DO monitor your sodium intake, but DON'T forget about added sugar.

DO cut back on fat, but DON'T fear all fats.

DO imbibe in moderation (if you drink), but DON'T start drinking alcohol if you aren't already a drinker.

DO fill up on fiber, but DON'T forget about cholesterol.

Take a more indepth look at the [Eating For a Healthy Heart](#) article to learn more!

## 2024 Monthly Tips



### MARCH

#### **National Sleep Awareness Week March 10th – 16th**

Your daily behaviors, especially those before bedtime can promote healthy sleep or contribute to sleeplessness. What you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can all significantly impact your quality of sleep. Even a slight adjustment can, in some cases, mean the difference between sound sleep and a restless night. If you have difficulty sleeping or want to improve your sleep, try following the below tips.

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough to get at least 7-8 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not use electronics.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.

Want to learn more? Take a look at the [9 Tips For Better Sleep](#).

#### **National Nutrition Month**

During the month of March, people strive to better themselves by starting a healthy lifestyle that includes good nutrition and adequate physical activity. National Nutrition month is a great way to continue your SMART goals you set in the beginning of the year. A theme to this month's nutrition is "Beyond The Table." Take a look at the [National Nutrition website](#) for more information. Another helpful tool is the [MyPlate](#) can help you to determine how many calories a day you need to maintain your current weight based on your age, sex, height, weight, and physical activity level. You can then click on the results to see recommended daily amounts of fruits, vegetables, protein, dairy, and grains for adequate nutrition at your calorie level. It is important to remember to balance your healthy diet with physical activity. Adults need 150 minutes of physical activity each week, including aerobic activity and muscle-strengthening activity. This can be 30 minutes a day, five days a week. Be sure to always hydrate, hydration is key!

## 2024 Monthly Tips



### Spring Into Fitness Challenge

The days are getting longer and soon we will be trading our bulky winter clothes for summer shorts and T-shirts. Are you ready? Time to start getting back on track with a regular exercise routine. If you have taken the winter off and were a bit of a couch potato, start slow and work yourself back into an exercise program. An easy walking regimen and a stretching routine will help prepare you for some of your favorite summer activities like swimming, jogging and golf once the weather allows.

No matter if you are a beginner or a novice, get started on a walking plan! [CLICK HERE](#)

Want more of a challenge? Start this 2 week challenge: [Spring Into Shape](#)

## APRIL

### Stress Relief

S.T.R.E.S.S... a combination of physical and mental pressure that can be hard to shake off. [April is Stress Awareness Month](#), and experts are noticing that stress is more harmful than many of us realize, but there are ways to manage and even treat stress. Stressors differ from person to person, but common stress between everyone are major life events, financials, conflict in personal relationships and work pressure. These impactful stressors not only impede on one's mental health but can trigger a hormonal release, a "fight or flight" response to one's physical health. Unmanaged stress can cause weight gain, high blood pressure, diabetes, heart disease, depression, skin problems and menstrual problems. The CDC also has several resources like this article to help manage stress: [Reduce Stress in 10 Minutes and Improve Your Well-Being](#).

Here are [5 tips to help manage your stress](#):

1. Use guided meditation or mindfulness, check out some mindfulness videos [HERE](#)
2. Practice deep breathing
3. Maintain physical activity and good nutrition habits
4. Manage social media time
5. Connect with others

### Every Kid Healthy Week

As educators, you are responsible for impacting children's lives daily. Take this week [April 22nd through April 26th](#) to help impact their wellness. We may never know what might be going on in a child's day to day life in or out of the classroom, but this week might be able to impact their lives in a positive way.

## 2024 Monthly Tips



Mindful Monday: at school- practice journaling, use a breathing exercise for emotional regulation, use reflection at the end of the day to expand on their growth. At home- take time to be present and reflect with your children on how their school day was.

Tasty Tuesday: at school- learn how to rethink what you drink, plant an indoor/outdoor garden, provide a healthy school lunch. At home- cook a healthy meal; something you might not normally have, practice the My Plate tool.

Wellness Wednesday: at school or at home- limit screen time, use common classroom or household items to increase physical fun activity, incorporate a walking program.

Thoughtful Thursday: at school or at home- create a learning space to inspire, start the conversations about bullying and its impacts, host a talent show to promote inclusion.

Family Friday: at school- educators, specifically think about how you can be a role model for healthy behaviors. At home- host a family game/fitness night, enjoy a dinner together, take time to say what you were thankful for from the week.

### Earth Day

Why should we care about the Earth, or Earth Day? Does what we do on a daily basis actually impact our environment? No matter your beliefs, you can always celebrate [April 22, 2024](#) as Earth Day. This nationally recognized day helps raise awareness about the importance of saving the Earth and how we can positively change our daily impacts. A goal by 2040 is demanding the reduction of plastics by 60%! *If achieved that would be incredible.* Here are a [few reasons to care](#):

- An increased amount of carbon dioxide becomes trapped in the atmosphere, breathing air may become harder, and may make humans more prone to respiratory diseases. This also impacts the extension of wildfires.
- Our seasons could become longer or shorter. Global warming has caused Spring to occur 10 days sooner than previous years.
- Our agriculture could be impacted as temperatures rise and crops cannot survive.
- Countries surrounded by bodies of water (this can include the U.S. Coastal sides) are at risk as our sea levels continue to rise.

What are some small [impactful things you can do](#)?

- Save energy at home
- Switch to an electric vehicle
- Use the appropriate bins Reduce, Reuse, Recycle
- Throw less foods away, eat more fruits and vegetables
- Clean up your surrounding environment

## 2024 Monthly Tips



### MAY

#### National Women's Week

During the week of May 12<sup>th</sup> continuing celebrations from Mother's Day, this week is also National Women's Health Week. To participate in [Women's Health Week](#) try:

- Visiting your healthcare provider for your annual check-ups
- Nourish from the inside out by practicing a well-balanced diet
- Participate in exercises for both your mind and body
- Improve your self care routines by changing your habits of sleep
- Utilize "I" Statements, [CLICK HERE](#) to learn more

#### World No Tobacco Day

May 31st is [World No Tobacco Day](#). Using any kind of tobacco product is unsafe especially for children, teens and young adults. **FACT:** at least 14 million young people between the ages of 13 to 15 currently use tobacco products (CDC, 2006-2017). Meanwhile, tobacco companies are spending billions on marketing their products. A more recent *popular* item that has engaged all smokers and non-smokers is e-cigarettes (vaping). This is mostly due to the flavors and marketing that are attracting those individuals. A law was passed in 2006 stating that smoking was prohibited in restaurants, well now there is an extension being brought to the table about prohibiting vaping as well.

Studies show that most adults in the U.S. who regularly use tobacco products started before the age of 18. Your brain continues to develop until you are at least 25 years old. Think about that one... So how can you impact change?

- Set a good example by being tobacco-free
- Talk to children about the harms of tobacco products including vaping
- Refuse to give tobacco products to children, teens and young adults. There is an age restriction for a reason

What resources are available?

- Try the 1-800-QUIT-NOW
- Visit [gov/Quit](#) or [Smokefree.gov](#)

#### 60 second Health and Fitness Boosters

Impacting your wellness journey doesn't always need to take hours, a short amount of time, just one minute (60 seconds) can be just as impactful. [Practice some of the following:](#)

- Drinking a tall glass of water

## 2024 Monthly Tips



- Take a deep breath
- Do 20 jumping jacks, increase your heart rate
- Go outside
- Sit up straighter
- Focus on one thing you love about yourself
- Be present

These are just a few things to do for one minute out of your day. One minute is all it takes to make a simple but yet significant change.

## JUNE

### National Men's Health Week

Just like May, June 10th through June 16th is National Men's Health Week. This month you can celebrate Father's Day by partaking in an annual golf or grilling day but take the time to re-evaluate your health.

Picture yourself as a car- when fixing a car normally the first question you ask yourself is, "is your engine tuned?" Meaning: check your [resting pulse](#) rate

Are you overloaded? Meaning: check your weight and measure your inches

Check the dashboard. Meaning: perform an overall body check. Look into lumps, moles, swelling, unexplained pain and shortness of breath.

Check the water. Meaning: how often do you feel the need "to go", time to check diabetes precursors and your prostate.

Check your day-to-day performance and pressures. Meaning: how do you feel doing your normal daily activities?

If any of this analogy seems to not be in check, talk with your healthcare provider and schedule a check-up! For more information [CLICK HERE](#)

### World Food Safety Day

A sentence to resonate with you: Food standards save lives. [World food safety day](#) is June 7, 2024. Every year, over 600 million people fall sick as a result of 200 different types of foodborne illnesses. Statistically, the majority that are affected are the poor and young. Foodborne illnesses are responsible for 420,000 deaths per year. The government has the international [Codex Alimentarius Commission](#) in place (which committees participate in FDA regulations) to encourage governments and food safety standards around the world to focus on food production from source → table. FDA scientists actively impact the Codex



## 2024 Monthly Tips



standards that continually change the U.S. national food and safety standards. What are some foodborne illnesses? Most common are: Salmonella, E-coli, Norovirus, Giardia, Listeria, Clostridium perfringens (food poisoning), Campylobacter (ingesting raw foods), and Staphylococcus aureus (staph infection). Recognizing June 7th, the World Health Organization has proposed this day to call attention to people everywhere to know the risks of contaminated food and water.

### Enjoying The Outdoors

The National Parks department is turning 108 years old! What a time to celebrate only by appreciating your natural beauty around you. Did you know that Ohio has 8 National Parks? Have you been? Take the rest of your summer break to explore the outdoors or even partake in a local outdoor recreational activity with your family and surrounding community.

Interested in visiting the parks, [CLICK HERE](#) to see if one is near you! Not an avid hiker, here are a few tips and tricks to get you started:

- Invest in proper trail shoes
- Strengthen your ankles and focus on your footing
- Know your route and don't worry about the pace

Enjoy the outdoors!

## JULY

### Watch Out For That Summer Sun

During summer break, family vacations, grilling outside and all possible outdoor activities, this is a friendly reminder to take care of your bodies. Focusing on soaking up all the sun outdoors, wear your sunscreen (SPF). You might think you are invincible compared to the sun, but those Ultra-violet Rays (UV Rays) are no joke! By not wearing sunscreen you leave yourself at risk for: skin cancer, sunburn which can enhance leathery dried and/or peeling skin and induce early onset of wrinkles. Consider re-applying your SPF, the directions are provided on the back of the bottle with time frames that reapplication should occur.

Remember to apply sunscreen to your whole body, while specifically focusing on your eyelids, ears, lips, scalp, neck and chest, and feet. Enjoy that summer sun without causing harm!

### Healthy Vacation Guide

Avoid dreading gaining those vacation pounds by packing healthy foods and workout gear for your upcoming travels. Whether it's a road trip, cruise, beach vacation or flying there are

## 2024 Monthly Tips



several ways to ensure you maintain a healthy regime while enjoying those days off. [CLICK HERE](#) for more information and tips!

### Road Trips

You've already spent a lot of time planning your itinerary, try to use these helpful tips to help you maintain your health goals for this year!

- Pack a cooler full of water, healthy snacks, even complete meals if possible. This will help curb those roadside cravings of fast food.
- Don't skip meals, and try not to go more than four to five hours without eating. Being *hungry* at your next meal can trigger overeating habits.
- Plan exercise/stretching breaks. Stopping at a gas station to refuel not only your car but your body as well.

### Flying

We all enjoy going to the airport for the traditional airport snack, coffee, fast food because who wants to spend time on vacation thinking about healthy foods? Try these tips for your next flight.

- Try to eat a healthy meal before you arrive, or if eating in the airport try finding a healthier option, fruits, salads, soups etc.
- Take opportunities to keep moving, you will be sitting for a long period of time, increase mobility and stretch when possible.
- Hydration is key when flying, because flying can increase dehydration. Drink plenty of water.

### Cruises

Cruises and beach vacations offer opportunities for exploring and fun activities. Most of the time these include gourmet foods as well. Practicing moderation will be the key to success for your health goals on these trips.

- Practice MyPlate while eating out or at a buffet, make sure the vegetables take 50% of the plate.
- Order the dessert, this is vacation after all, but don't make it a daily habit.
- Check out the gym facilities on deck or in the hotels. Enjoy the sun but wear sunscreen!

## **Healthy Summer Habits**

We hope you are enjoying your summer break! Take advantage of summer vacations, the outdoors, family and friend time. Take part of the [Health Summer Habits Challenge](#) to help maintain fitness, mental health and improve your diet. Remember these hot summer days can be extremely hot, be sure to hydrate as much as you can! The length of this challenge is 12 days.

## AUGUST

### **National Immunization Month**

August is National Immunization Month to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

For example, the flu vaccine is more than just a vaccine! It can prevent illness, medical visits, hospitalizations and even death. The flu vaccine is a chronic condition preventative tool and may lower the rates of some cardiac events among people with heart disease. Not to mention, it may reduce the severity of illness which lessens sick time and absenteeism in the workplace.

[Read more here.](#)

### **Get Ready For Back To School**

It is that time again, summer is ending and it is time to get ready for the mindset of school. No matter what age your child might be, getting ready to kick off the new year might come as a challenge. Let these tips guide you and your child(ren) to get ready for the school year!

1. Take your child(ren) to visit the new school or classroom before the first day of school. Attend the orientations if offered. Communicate with the teachers ahead of time as well.
2. Remind your child(ren) that teachers can be nervous on the first day, too!
3. Start listing the positives to their grade level and why it's important to go to school.
4. Read about going to school.
5. Create a bedtime routine, and stick to it! It's best to start this a week or two before school starts.
6. Plan for safe travel, whether that's the bus, walking or biking if possible, or someone in their lives they trust.
7. Get the school list ready and organized and get new school clothes.
8. Pack a healthy lunch with a note that reminds them that you are thinking of them.
9. Secure after school care and come up with a plan that is communicated to everyone involved.
10. Encourage homework and study habits.
11. Lastly, make your family a priority. Make time to spend whether that's family dinners or game nights. Be sure to let your child(ren) know that you are there to support them.

## 2024 Monthly Tips



**Read more below.**

<https://childmind.org/article/preparing-for-back-to-school-success/>

<https://www.scholastic.com/parents/school-success/school-life/back-to-school/8-tips-to-prepare-first-days-school.html>

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/back-to-school-tips.aspx>

### **Easy Relaxation Tips**

We all live busy and fast lifestyles, especially when it comes to getting ready to go back to school. Running through the checklist of gathering school supplies, clothes, teachers needs, sports, school needs and the list goes on and on. Be sure to take time for yourself, though. You can only do so much and so many things at one time. Being in a constant state of stress can negatively impact your health, contributing to ailments like insomnia, emotional overeating, and high blood pressure.

**[Read more here.](#)**

## **SEPTEMBER**

### **What's For Lunch?**

Starting off the school year right by packing lunch? Packing lunches can be a healthy alternative to the cafeteria food, but making sure you are receiving enough vitamins and minerals can be a challenge. Here are some tips for balancing and packing your lunches:

**Make It Nutritious:** Choose the whole-wheat bread instead of white. Don't forget the fruits and vegetables. Include a protein option. Add calcium (include milk, calcium-enriched orange juice or other options). **Avoid** soda and sweetened beverages.

**Make It Delicious:** Create a weekly menu of what you would like to eat- this helps with consistency and creativity. Don't overlook dinner from last night, it can be a great option for lunch.

**Make It Safe:** Always wash your hands prior to handling food. Make sure the preparation surfaces are clean. If the food is hot but meant to be served cold, be sure to allow enough chill time prior to packing. Consider the "danger zone" of temperature with food items. Use an ice pack for cold items (if refrigerator is not an option) or for hot items use a thermo container.

Don't stress about always packing, be sure to enjoy that cafeteria everyone once in a while. Packing lunches is a great way to save costs in the long run.

## 2024 Monthly Tips



### Spark America Challenge

The SparkAmerica Fit City Challenge is designed to help individuals and companies become Fit & Healthy Leaders, while working together to build friendly competition. This multi-city challenge encourages participants to get and stay healthy by tracking daily fitness activity minutes in a fun and free Fitness Game. Registering is easy!

1. Go to [SparkAmerica.com/Register](https://SparkAmerica.com/Register), enter your email and follow the prompts.
  - a. New participants: Locate the SparkAmerica callout on the homepage and click the button to join.
  - b. Previous participants: You will automatically be registered after step 1.
2. Create a username that will display publicly on leaderboards.
3. Begin tracking your fitness minutes on *September*

[Click For More Information.](#)

### Small Bits of Fitness Add Up

Where did the day go? I am sure we all ask ourselves these questions almost every day. Many of us have a daily routine with a jam-packed schedule. One thing we all know is the lack of time there is for fitness. We constantly make excuses as to why we don't have time to exercise. Well consider starting small and working towards big. Meaning, start with 10 minutes then thank yourself for making that time. Eventually you can work up to 60 minutes or more if possible, by balancing your work life schedule.

All you need is 10 minutes to start your fitness journey and stop making those excuses. Take two minutes to warm up and stretch, then for at least seven minutes perform a medium to high intensity exercise, followed by a 60 second cool down. It's brief, but it's important to make exercising a priority for yourself. It is all about convenience, if you try, you can fit exercise into your daily routine in no time!

## OCTOBER

### National Breast Cancer Awareness Month

Did you know that 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime? There are an estimated 297,790 women and 2,800 will be diagnosed with breast cancer in 2023. Yes, you read that right, men can also develop breast cancer, though it is rare there are several cases each year. If caught in its earliest of stages, the 5-year relative survival rate is 99%. Early detection can be found during your annual mammography. To schedule

## 2024 Monthly Tips



your annual mammography, try utilizing the [Healthcare Bluebook](#) website or app! Here are the steps to follow to ensure you receive your reward for using the Healthcare Bluebook:

- Find your provider
- Schedule your appointment using the color coordinating options (hint: green green is the best/better option)
- Receive a reward once the procedure is complete!

[Awareness](#) is the first step in empowering individuals to make informed decisions about their health. You or your loved ones are not alone, there are millions of people that are experiencing what you might be feeling right now. Donate, volunteer, be there to support one another not only in the time of need but each day! One last fact you should know: there are 3.8 million breast cancer survivors in the United States.

### **World Mental Health Day**

October 10th is a day to observe World Mental Health Day. Though mental health should be observed daily, this specific day is to raise awareness of mental health issues around the world and efforts that are in support of mental health.

Mental Health is a basic human right for everyone. The highest attainable standard includes the right to be protected from mental health risks, the right to available, accessible and acceptable quality care and inclusion within the community. Good mental health is vital to your overall health and well-being. [FACT](#): every one in eight people globally are living with mental health conditions. These conditions can affect your physical, emotional and overall well-being as a person.

How do you plan to have an impact on World Mental Health Day?

### **Be Mindful- Here's a few practices**

Whether you have an overbooked calendar, financial worries, a stressful job, or emotional health concerns, there's a mindfulness practice for that! Harness the power of your brain to increase happiness and balance, while fighting the stress away. Try utilizing Mindful Moments a series of mindfulness videos focusing on different concepts and strategies to help overcome the stress and be the best version of you.

Here are a few of our favorites:

[Mindfulness is....](#)

[It's Not Fair](#)

[Respond, Don't React](#)

[A Body Scan](#)

### NOVEMBER

#### **100 Random Acts of Kindness That Could Change The World**

American aviator Amelia Earhart is quoted as saying, “A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”. Isn’t that the truth? Whether you’ve been the giver or on the receiving end of a random act of kindness, you know the power that one small action can hold. In a world where many face tragedy or sadness alone or put on a happy face despite adversity, a hint of goodwill from an acquaintance or stranger can often unknowingly be the sole bright spot in a person’s day, often prompting a ripple effect as they go on to share the good with others. Plus, as many small acts of kindness require little on the giver’s end, what’s holding you back from making someone’s day today?

Click [HERE](#) to view how you can make someone’s day with these 100+ helpful tips!

#### **American Diabetes Month**

Prevention is key! Scheduling an appointment with your doctor for your annual checkup can help determine your potential risks for diabetes. November is American Diabetes Month. Many Americans go undiagnosed, which can be crucial later in life and potentially cause lifelong complications.

Remember that if you get tested and discover you have prediabetes that doesn’t mean you will develop type 2 diabetes. This means you are at risk and that your blood glucose levels are not high enough to be diagnosed with that. Make some changes within your diet and increase physical activity, even small changes can make the biggest difference.

Have you or a loved one been recently diagnosed? Take this *free* course [HERE](#) to help understand the diagnosis.

Check out the Brooks+ application and take the brief questionnaire to see if you might qualify for the program! Brooks+ is a 12-month program that helps you build lasting healthy habits to help you lose weight and reduce the risk of diabetes.

#### **Below are some Q&A’s about type 2 diabetes:**

##### **Q: If you’re overweight, will you always develop type 2 diabetes?**

A: Being overweight is a risk factor for developing type 2 diabetes, but other risk factors such as physical activity, family history, ethnicity, and age can play a role in the developmental process. Diet can also play a major role in development of type 2 diabetes. You do not have to limit yourself with indulging in chocolate, starches, sweets, etc. but it is best to consult a nutritionist or registered dietitian with further details regarding diet changes.

##### **Q: Is diabetes a serious disease?**

A: Yes. Diabetes causes more deaths per year than breast cancer and AIDS combined. Having diabetes increases your chances of having a heart attack. However, if your diabetes is managed your risk is significantly lowered.

## 2024 Monthly Tips



### The Season For Giving Back

This is a [seasonal challenge](#) over four weeks (12 days only) you'll learn about living a more purposeful life and that when you give a little, you get a lot in return. Learn how to become a healthy leader to inspire others this holiday season. Don't forget Giving Tuesday is December 3, 2024.

## DECEMBER

### Easy Meal Planning Made Just For You!

Struggling to get into a good rhythm? Never feel like there is enough time in the day managing your day to day work life balance? Here are a few tips to help make meal planning easy while you have those busy weeks:

- Refer back to the January wellness tips with linked items easy to make and low carb too
- Use this free course: [Meal Planning Made Simple](#), create a free login and use the course to your advantage
- Utilize the 3 P's to your advantage: Plan, Prep, Prepare
- Take a look at your weekly schedule
- Plan your meals around what you and your family like to eat
- Take a look at your pantry, fridge and freezer as to what you already have
- Plan an organized shopping list to help not over buy
- Set a date! Use this day to prep and prepare your meals

Meal planning is often seen as a chore, time consuming and difficult. Start small, set S.M.A.R.T goals for yourself, and work your way up. [Click HERE](#) for another blog from a mother of six who has started her meal planning journey and is now saving \$500 per month on her groceries!

### National Safe Toys and Gifts

December is Safe Toys and Gifts Month. No matter what you celebrate, this wellness tip is to bring awareness to protecting our children this holiday season. You are probably reading this wonder why is this a part of our wellness tips? Well, [in 2022](#), an estimated 209,500 children were treated in the emergency room or hospitalized due to a toy injury. That is a large number of injuries resulting from toys alone. Thinking about what toys can cause injury- bikes, skateboards, scooters, these can lead to broken bones, bruises, head traumas, and cuts. Personal Protective Equipments (PPE) can reduce or prevent these



## 2024 Monthly Tips



injuries (helmets, knee pads, etc). Choking is another hazard that is common, especially small, removable components. Children can swallow these parts and suffer reduced breathing or suffocation.

Shopping this holiday season? Take a look at the [standards of safety](#) and consider these questions when purchasing a toy:

- What toys are appropriate for their age?
- Do they have allergies or skin sensitivities?
- Do they have sensory issues that make some toys unfit (loud noises, flashing lights)?
- Are they physically and cognitively able to use the gift?
- If the toy is for outdoors, does the recipient have adequate space to use it?

For more information visit the [National Public Health Information Coalition page](#).

### 7 Ways to Stop the Spread of Germs

Cold and flu season can seem like a battleground. Between sick kids, co-workers and friends, you're bound to pick up some kind of bug at different points during the year. Of course, getting the flu vaccine and practicing good hygiene can prevent illness, but it is possible to get hit with a bug despite your best efforts to prevent it from happening. However, if you do get sick, you have the power to stop the illness from spreading once you've caught it! Here's how to keep your germs to yourself when you are down for the count.

1. Cover your cough
2. Then, wash your hands
3. Avoid touching your eyes, nose and mouth
4. Rest up at home (especially if contagious)
5. Be smart about Food Safety
6. Leave a clean path
7. Throw away used tissues– this a big one!

Keeping your sickness to yourself might seem futile if you live and work in small spaces with others, but it can be done! Just be mindful of your actions while you're sick and take the above precautions. Get well soon!